

Predicting psychological factors affecting regular physical activity in hypertensive patients: Application of health action process approach model(Article)(Open Access)

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Abstract [View references \(54\)](#)

Aim: The aim of this study was to determine the factors affecting the behaviour of regular physical activity in patients with hypertension using the health action process approach (HAPA) model. **Design:** This cross-sectional study was conducted on 176 hypertension patients, in Astaneh-e-Ashrafiyeh, Guilan, Iran, 2018–2019. **Methods:** Data collection tools included demographic characteristics, medical history, the short form of International Physical Activity Questionnaire (IPAQ) and scales related to the HAPA model. The data were analysed using chi-square, independent t test, one-way ANOVA, Pearson's correlation coefficient and path analysis on AMOS, version 23.0. **Results:** Action self-efficacy ($\beta = 0.59$), outcome expectancy ($\beta = 0.20$) and risk perception ($\beta = 0.18$) had a statistically significant effect on intention. Moreover, the path coefficient between intention ($\beta = 0.35$) and coping self-efficacy ($\beta = 0.29$) with physical activity was statistically significant. The results revealed that HAPA constructs were able to describe 45% of the variance in intention and 31% of the variance in physical activity behaviour. **Conclusion:** The HAPA model is a useful framework for describing the factors affecting physical activity in hypertension patients. © 2020 The Authors. Nursing Open published by John Wiley & Sons Ltd.